SES

North East Office
Centre for Advanced Industry
Coble Dene
Royal Quays
North Shields
NE29 6DE

Tel: 0191 258 6627
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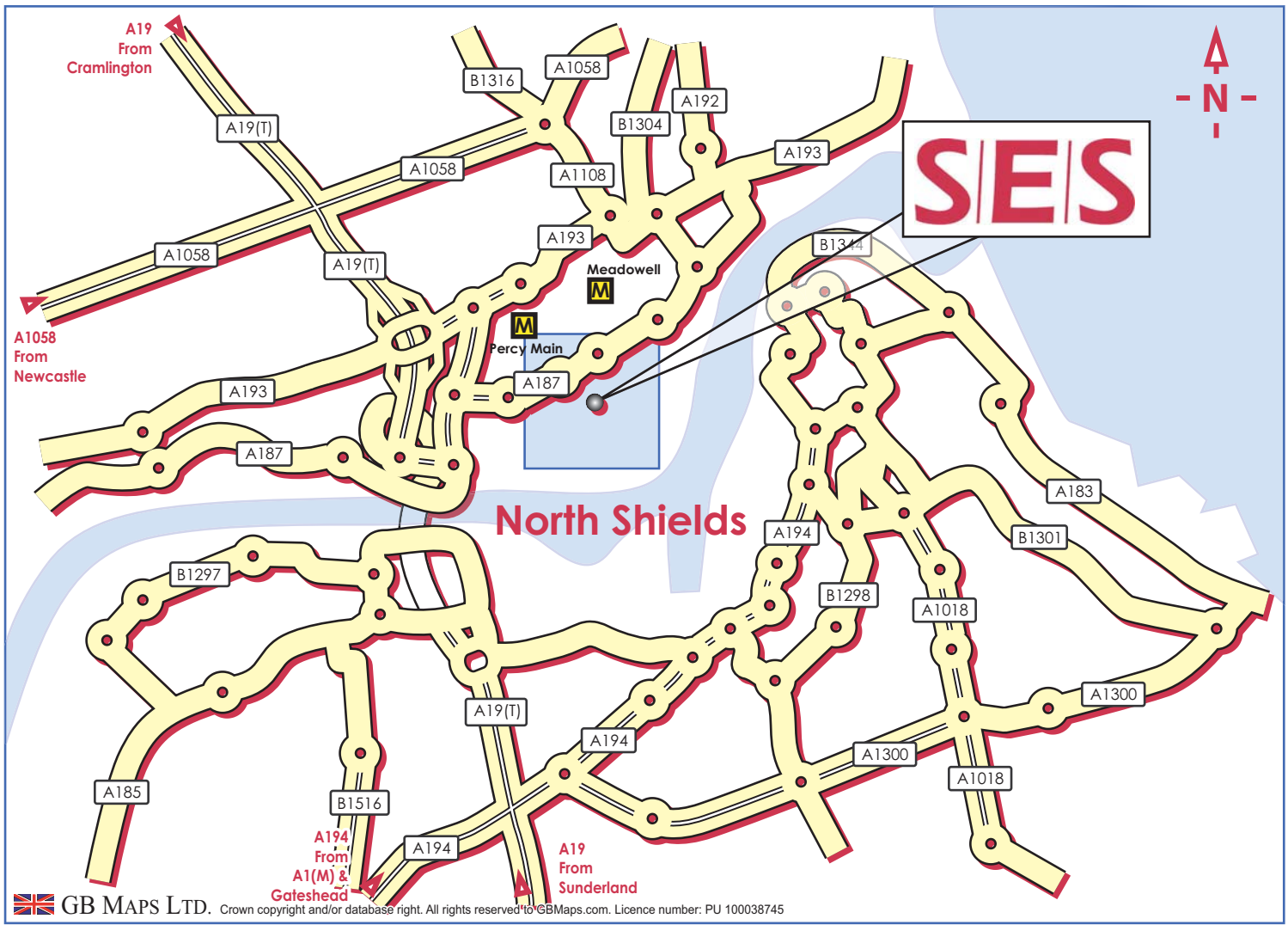
From Cramlington:
Follow the A19 towards North Shields. Keep left onto the exit ramp and at the roundabout take the first exit onto the A193. At the next roundabout take the third exit. At the next roundabout take the first exit onto the A187 (Howdon Road). At the second roundabout take the second exit onto Coble Dene.

From Sunderland:
Follow the A19 towards North Shields. Follow the A19 through The Tyne Tunnel. At the roundabout take the second exit onto the A187. At the next roundabout take the second exit onto the A187 (Howdon Road). At the second roundabout take the second exit onto Coble Dene.

From The A1(M):
Follow the A1(M) towards North Shields. At junction 65 the road name changes to the A194(M). At the roundabout take the second exit onto the A194 (Leam Lane). After 2 miles, at the roundabout take the second exit onto the slip road and join the A19. Follow the directions above.

From Newcastle:
Follow the A1058 towards North Shields. At the roundabout at Willington take the fourth exit onto the A19. At the roundabout take the first exit onto the A193. At the next roundabout take the third exit. At the next roundabout take the first exit onto the A187 (Howdon Road). At the second roundabout take the second exit onto Coble Dene.

By Metro:
Meadowell and Percy Main stations are both nearby. For train times call 08457 48 49 50 or visit www.nexus.co.uk.



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